

French Dressing, Reduced Fat&Sodium20

Number of Servings: 20 (32.53 g per serving)

Amount	Measure	Ingredient
10.75	oz	Soup, tomato, cond, cnd
2/3	cup	Oil, canola
1/2	cup	Vinegar, cider
1/2	cup	Sugar
1/4	tsp	Spice, garlic Powder
3/4	tsp	Spice, mustard seed, ground
1/4	tsp	Spice, pepper, black
1/2	tsp	Spice, celery seeds

Nutrients per serving

Nutrition Facts		
Serving Size (33g)		
Servings Per Container		
Amount Per Serving		
Calories 90		Calories from Fat 70
		% Daily Value*
Total Fat 8g		12%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 90mg		4%
Total Carbohydrate 6g		2%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 0g		
Vitamin A 2%		Vitamin C 2%
Calcium 0%		Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300 mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Notes

Combine ingredients except for celery seed, may use blender to make smooth. Add celery seed if desired (optional).
Refrigerate. Shake well before serving.
Serve 2 T per serving
2 T = 8 grams fat, 90 mg sodium, 6 grams CHO

Regular French dressing has sodium in the 200-300 mg range and is higher in fat and does not fit into guidelines